There has quite recently been very marked improvement in teaching this our county. A large proportion of the ous degree of palpitation, and even with most important branch in the schools of teachers in our ungraded schools are now persons entirely well the pulse runs exgapable of doing as efficient work in tremely high. There are few birds seen teaching penmanship as are the teachers in high schools. Any teacher who will in the light air. The common houseand the other instructions in writing cannot live here. This is probaly owing carefully study the analysis of letters, found on the corers of most of the printed Spencerian copy books, can, in a few days, become qualified to teach' this branch finely, even if a poor penman. This, like map-drawing, sounds, and but a few fine chips or small sticks will making of letters, history and orthogra-4- phy, has been frequently learned without an instructor, and can be thus acquired by any progressive teacher. Four things are necessary in learning to write: balloonists, who, in ascending from the First-Correct position of body, arm surface of the earth, even on the hottest fingers and pen. day, soon find it inecessary to don their

Second-Exercises to secure easy, rapid musements. Third-Accurate knowledge of th form of the letters. Fourth-An abundance of careful, per

sistent practice. Few teachers in either higher or lower first and second. As has been said above, estimated at \$6,800,000. most are qualified, and many skillful, in the third. All can, and should, insist on the fourth for every pupil.

Much of the present bad penmanship has resulted from ignorance of teachers in the past, of the third, or for as of letters. Had the teachers been able to explain to pupils from blackboard the elements of letters, the height, start, width, and shade, pupils would have progressed finely when required to practice, even 325 East Water St., Elmira, N.Y though the teachers were poor penmen. . Usually pupils either were not required to practice, or united the incorrect copies of the teacher without any suggestion as to what constituted a correct letter. Such work could result in but very indifferent and unsatisfactory results. The imperfect copies of teachers are thus perpetu-

Some excellent teachers advocate the idea that pupils learn to write most rapolly by simply tracing over faintly printed letters. While this may seem plausible, it is not sustained by practice. A pand may trace a letter't for example, for five minutes, and not discover that it should be twice as high as an i, and when deprived of his model copy make the copy too high or too low, not from lack of practice, but of knowledge. A word of instruction from teacher before the practice as to the letter being two spaces high, satisfactory results would have induced intellitent practice.

Three lines properly combined are sufficient to form all the small and capital letters-straight line, right ourve, and left Some teachers make a mistake in keep-

ing pupils several days learning these three elements. One lesson is long enough to teach these. The second lesson should be some easy letter as i. The third lesson, n, and the combined forming the word in. Pupils should be told or shown before

tructioning, by teacher, on blackboard That the i should be formed of right curve, straight line and right curve. That the letter should be commenced at base line and finished head line.

That it should be one space high, That the dot should be one space above That the n should be formed, of left curve, straight line, left curve, straight HARDWARE line, right curve.

That the letter should commence at

base line and finished at head line. That the down or straight lines should be parallel and touch, at each extremity. the base and head lines. Pupils might trice, or imitate a copy, and if not first given, these and similar hints fail to discover them, and be but little benefitted.

It may be well where pupils have dif-7 ferent books and different copies to permit them to write these printed copies for half the twenty-minute writing time, and to analyze and practice the lesson explained from board during the other ten minutes. At the rate of one letter per day, all small letters could be explained, practiced, and combined into short words in live weeks. The remaining eight weeks of a three-months' term would suftice for eapitals, words and much review. DETECTING AN IMPOSTOR.

While attending college, our friend Anderson filled up his vacation with schoolteaching, finding opportunity to keep the late summer term of the village school at Wateford. Things went on swimmingly. The tocation was pleasant, the scholars were good-natured, and the pay- was fair. At length, however, there came a hitch. One bright, balmy morning, the scholars found written upon the door of the school-house, in plain characters, "No skule to DA.". The spelling was faulty, but the information conveyed was cheering, and away went the jubilant youngsters over the hills for

On the following morning the teacher entered the school-room with a portentions frown upon his brow. The notice BLASTING Powder, at of the previous day, under the cover of which more than half of his school had travel away, had been the work of an FILES and Rasps, a full assort straved away, had been the work of an guileless faces before him satisfied Anderson that ordinary inquiries would efpeared, and he went on with the usual exercises as though nothing had happened out of the way. Towards the close of the afternoon session, he bade the scholars put away their books, and take their slates. He would exercise them in writing sentences. Several simple sentences were given out and written down. Finally he gave them to write: "Good boys lore their school," When this had been written the teacher proceeded to examine the slates. About a dozen of the tow-headed urchins had submitted to the result of their efforts, and had had their bad spelling corrected. Next came Peter Mackwash, a lad of twelve years, chubby and rugged. His spelling was excellent. It met the case in hand exactly. He had spelt school-"sk-u-l-s." Peter could not deny the charge thus cunningly fastened upon him. He was the impostor. MONUMENTS, And as a reward for his caligraphic effort upon the school-house door, he had a nice new birchen rod expended upon his back. THE SUN'A DISTANCE FROM THE EARTH. - The most recent estimates make the sun's distance from the earth

92|800,000 miles. These estimates are

based upon the velocity of light.

EFFECT OF ALTITUDE.-Leadville 0,300 feet above the level of the sea. The boiling point of water here is about 180 degrees, instead of 212 degrees, the effect of which in boiling beans, eggs and potatoes, etc., is that it requires a long while to cook them in an open vessel, and it is necessary to beep the pot well covered, or the water will vaporize and escape before being raised to the requisite degree for thorough cooking. With a person suffering under any difficulty or disease of the heart, the effect of any longcontinued exertion is to cause a dangerbere—for the reason that flying is difficult tly is unknown. It is said, also, that cats to their delicate organization unable to resist the cold of the night air. The nights are uniformly cold-so cold that it is uncomfortable ito sit without a fire; warm an apartment very quickly. At the same time the sun's rays do not seem to have the heating power that they do in lower elevations. The effect of the altitude is the same as that experienced by

Tork School Journal. THE ST. PETERSBURG CANAL .- In order to avoid the bar across the mouth of the Neva, the Russian government propose building a canal, which will make elementary schools are qualified to ac- St. Petersburg a great commercial cencomplish very satisfactory results, in the tre. The cost of the proposed works is NEW FIRM!

THE RED SPOT ON JUPITER .- A curi ous red spot is now visible near the South ern portion of Jupiter's disk. It has been visible for some time past, and appears to be remarkably stable.

Mem Advertisements.

PATENTS and how to obtain them. Pamphlet free, upon receipt of Stamp for post-

CTET YOUR HAIR CUT AND SHAVING, AT THE

Ward House Shaving Parlor

Geo. L. Ross. Of the Third Ward Store, has opened a large an convenient Store in the brick block, First Ward

A LARGE STOCK OF

OF ALL KINDS Which he has purchased in New York for ca and solicits the confidence and patronage of public, and respectfully announces that he

WILL NOT BE UNDERSOLD

Bardmare,

AT GREATLY

H. T. JUNE, AGENT.

FOR Horse-Shoes and Horse-Shoe Junes. Junes, Pound MENS', BOYS' **

A LARGE stock of Bar, Square Round, Half-Round, Oval, Half-Oval, Rand Hoop Iron, at

MAST and Toe Corks (Steel), at ISSTON'S Celebrated Saws, at

FORWAY and Sweed's Iron at MECHANICS will find a good as A LARGE stock of Philadelphia WIRE Cloth, at

impostor. And how was the impostor to be detected? A scrutiny of the sober.

EMMERY Cloth and Paper, and JUNES. AMPS, Lamp Burners, Chimneys, Shades, and Wicks of every variety, at JUNES. THE Graphic and New Jewel, th most perfect and ornamental heating stoves he world, at ROPE, Sash, Cord, Twine and Wick, all sizes, a

Marble Pards.

THE OLD MARBLE YARD

The undersigned having purchased the MAR. BLE YARD of the late GEORGE McCABE, desires to inform the public that having employed experienced men, he is prepared to do all kinds of work in the line of

HEAD STONES. MANTLES and

in the very best manner and at lowest rates. Persons desiring anything in the Marble line an invited to call and examine work, and save agents reminission. Towards, Pa., Moy, 12, 1878, 24tf

Mailroads. T EHIGH VALLEY

PBNN. • NBW YORK RAIL ROADS

31 15 9 7 STATIONE 8 30 2 32

Trains 5 and 15 run daily. Sleeping cars on trains 8 and 15 between Niagara Falla and Philadelphia and between Lyons and New York without changes Parlor cars on Trains 2 and 8 between Niagara Balls and Philadelphia without change.

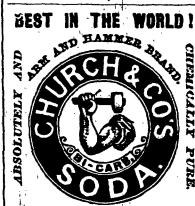
R. A. PACKER, Supt.,
Sayre, Pa., Nov. 10, 1878. P. & N. Y. R. B.

H. DAVIDOW & BRO...

o. 4, Beidleman Block, Bridge-st., Towanda, Pa

Miscellaneons

CASH PAID FOR PURS, HIDES, PELTS, WOOL AND BEESWAX. Fowanda, Oct. 20, 1879-1yr.



SALERATUS Which is the same thing.

Which is the same thing.
Impure Saleratus or Bi-Carb Seda
(which is the same thing; is of a slightly dirty white color. It may appear
white, examined by itself, but a
COMPARISON WITH CHURCH &
CO'S "ARMAND HAMMER" BRAND
will show the difference.
See that your Saleratus and Baking Soda is white and PURE, as
should be ALL SIMILAR SUBSTANCES used for food.
A similarly transported of the compension A simple but severe test of the comparative to dissairs a dessert sphontul of each kind with about a pint of water (not preferred) in clear giasses, stirring until all is thoroughly dissolved. The deleterious insoluble matter in the interior Bods will be shown after settling some twenty minutes or sooner, by the milky appearance of the solution and the quantity of floating flocky matter seconding to quality.

Be sure and sak for Church & Co,'s Soda and Saleratus and see that their name is on the package and you will get the purest and whitest made. The use of this with sour milk, in preference to Baking Powder, saves twenty times its root. ert spoontul of each kind with

See one pound package for valuable informa-n and read carefully. SHOW THIS TO YOUR GROCER,

CLOTHING HALL M.E. Rosenfield

Main St., Towanda, Pa.

We have received a very large stock of

Fall and Winter Goods in great variety, embracing

QIIIIQ MEN'S BUSINESS,

Gents' Furnishing Goods, Hats, Caps Umbrellas, &c.

OVERCOATS. Gloves and Mittens

A SPECIALTY. PRICES, THE VERY LOWEST

M. E. ROSENFIELD. Towanda, Pa., Oct. 29, 1879.

IMPROVED

THE WIARD TRUE CHILLED PLOW. WHEELER'S NEW DOUBLE-GRARED TWO AND THREE HORSE POWERS With Steel Rods; large truck wheels and latest improvements.

This is an excellent power and has no superior among double-geared Powers.

Attention is called to Wheeler & Melick's New Improved Undershot Thresher, one of which will be on exhibition after July 20th.

Several other kinds of Threshing Machines for sale, among which are Gray's Steel Red Powers and Threshers and Cleaners. and Peerless Double-Gaared Powers, and Peerless Threshers and Cleaners. PARMERS' PAYOBITE GRAIN DRILL. This is the most complete Grain Drill in use,

WAGONS. I am prepared to supply anything in the line of Farm Wagons, Half Skeleton, Open and Top Bug-gles and Carriages, very cheap. Cortiand, Bath and Empire Wagons and Carriages. Empire and Jackson Farm Wagons, etc.

HYDRAULIC CEMENT, MIXED PAINTS.

Bardware, Finmare, &c.

McINTYRE BROTHERS.

Towanda, Pa., DEALERS IN

General Hardware,

HEAVY AND SHELF HARDWARE Stoves, Tin, Iron, Nails,

Paints, Oils, Glass, Putty, Gunpowder, Shot, Cartidge. Carpenters' and Joiners' Tools,

Wagon Makers' Supplies, Farming and Dairy Implements, Table Cutlery, Clothes Wringers,

Rope, Bolts, Chains, &c., &c.

ALSO AGENTS FOR THE

RANSOM COTTAGE RANGE,

With the Expansion Broiling Chamber,

-AND-

SMYTH'S PATENT DUPLEX GRATE

With or without Low Closet, Reservoir, or Ornamental Elevated Shelf. The Greatest Combination of Valuable Improvements Ever Presented in one Range.

After the flattering experience of the past year, having had a very large and extended sale, we find that the THR RANSOR CITTAGE is: universally conceded to be the most desirable llange of its class in the market. Its general features are the same as in the celebrated Ransom Range, which has for years been considered the finest Range made. It contains the Batens Expansion Brodling Chamber, which is universally acknowledged to be the only uncreasing and practical brolling attachment in use. It is also furnished with Smyth's Patent Duplex Grade. This celebrated Grate is extremely simple in its construction. It has now been in active use for more than five years and in view of the universally successful experience of its operation and durability during that time, as well as the highly satisfactory results obtained by usin our own thorough trial of its qualities, we have no heatistion in pronouncing it the only complete and successful arrangement for removing clinkers and refuse from the fire-box instantaneously, throughly and cleanly, while the degree of combustion obtained has beyen in our complete has been the degree of combustion

McINTYRE BROTHERS.

Towarda, Pa., October 30, 1879. MARBLEIZED



GOODS ARE CHEAPER

Plain Mantels, Complete \$15.00 | White Marble for Children Granite Monuments - 150.00 Sultable for Grown People 8.00 Extra Fine for Family 225.00 Extra Fine for Ex.Fine 15.00

AS I would recommend especially the Beautiful COLUMBIAN MARBLE, and far more durable for his climate, will not soit or discotor with age like other marble. A. W. AYERS 412, 414, 416 and Granite Fard 458, 460 462 East Wafer Street, ELMIBA, N. Y.

Jurniture. PRIDGE STREET

PROST'S SONS' FURNITURE STORE

TWO STORES IN ONE!

Agricultural Machinery | FURNITUR(F Of all kinds as

> CHEAPER CHEAPEST. At the same time we keep up the standard of our

UNDER TAKING. We guarantee satisfaction.. We are prepared to do anything in that line on short notice, and are determined to please.

Call and see for yourself N. P. HICKS. Towanda, May 1st, 1879. SAWING THE LOG.

For House and other painting. Beady for the brush. Chesp and good. Better than you buy in the ordinary way.

SEND FOR CIRCULARS AND PRICES.

Office in the 99 Cent Store. Warehouse in rear of same and First National Bank, and on alley running from Poplar to Pine street.

R. M. WELLES,

Towanda, Pa., July 15, 1879

MANTLES

Ask your Druggist for Circulars

WILKES-BARRE, Pa. Oct. 9, 1879

bottle and get your money as we sell no cure, no pay. Price 50c and \$1.00 per bottle, as we are authorized to sell on these terms. Turner & Gordon agents for Towanda, Pa.

T IST OF LEGAL BLANKS

INSURANCE C. S. RUSSELL, Agent,

a peerless remedy for Scrafula, White Swellings, Cancer, Errsipelas, Gont, Chronic Sores, Syphilis, Tumors, Carbuncles, Salt Rheum, Malaria, Bilious Camplaints, and all diseases indicating an Impure Condition of the Blood. This Grand Remedy is a compound of vegetable extracts, the chief of which are SARSAPABILLA and STILLINGIA. The cures effected by SCOVILL'S BLOOD AND LIVER SYBUP are absolute, and their record is undisfigured by failure. For sale by all Druggists. POLICIES

HENRY MERCUR, ANTHRACITE AND **SULLIVAN ANTHRACITE**

The Great Cathertic Vegetable Regulator. They rectify torpidity of the Liver. They give tone to the Stomach. They prevent griping of the Bowels. COAL They purify and invigorate the Body. They cure all bilious complaints.

Towanda, Dec. 1, 1879.

for MAN and BEAST. For External and Internal Use. The Greatest Pain Reliever of the Age

Medical.

MOTT'S

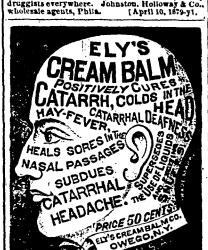
LIVER PILLS

CURES COLDS, COUGHS, ETC. Can be used as a Plaster. FOR SALE BY ALL DRUGGISTS. JOHN F. HENRY, CURRAN & CO., FOLK PROPRIETORS, New York



Result of inclusions of the cretion, success or Refere Taking overwork of the brain & nervous After Taking, system; is perfectly harmless, acts like magic, and has been extensively used for over thirty years with great success. For Full particular in our pamphier, which we desire to send free by mail to every one. By. The Specific Medicine is said by all druggists at \$1 per package, or six packages for \$5, or will be sent free by mail on receipt of the money by addressing

oney by addressing
THE GRAY MEDICINE CO.,
No. 3 Mechanics' Block, DETROIT, Mich No. 3 Mechanics' Block, DETROIT, MICH, 29_ Sold in Tewanda by C. T. KIRBY, and b truggists everywhere. Johnston, Hollowsy & Co kholesale agents, Phila. [April 10, 1679-yt.



iarmless, effectual & agréeab LARK B. PORTER (Ward House), DRUGGIST.

DR. GERMAN'S COUGH AND CON-Warranted to give relief or money refunded

Remember that after using 3 of a bot-tle and you are not satisfied return the

Warrant. Constable's Return. Bond on Attachment. 2 form Bond on Attachment. Constable's Sales. (Collector's Sales. Execution. Subpæna. Petition for License.

Bond for License.

Bond for License.

Note Judgement,
Note Judgement Seal,
Note Jugement 5 per cent, added,
Town order Book,

School order Book,

Jarm and Jousehold, clination to revolt against the fine Jusurence.

TOWANDA, PA.

IRE, LIFE, AND ACCIDENT world its shortcoming, none have

Losses adjusted and paid here. Towards, Nov. 13, 1879.

goal.

ORNER PARK AND BIVER STREETS, TOWAYDA

Coal acreened, and delivered to any part of the Borough. ALL ORDERS MUST BE ACCOMPANIED BY THE CASH.

H. MEBCUR, TEW ARRANGEMENT

COAL BUSINESS.

at the foot of pine street, near the court house, invites the patroage of his old friends and the public generally. I shall keep a full assortment of all sizes,
PITTSTON, WILKESBARBE AND LOYAL SOCK COAL, AND SHALL SELL AT OWEST PRICES FOR CASH

Towanda, Pa., Aug. 21, 1878. 1271 Groceries and Provisions.

General Dealers in

GROCERIES, PROVISIONS. And

COUNTRY PRODUCE.

HAVE REMOVED

CORNER OF MAIN & PINE Sts.

They invite attention to their complete assorts and very large stock of Choice New Goods which they have always on hand. ESPECIAL ATTENTION GIVEN TO THE

(The old stand of Fox, Stevens & Mercut.)

PRODUCE TRADE, And Cash paid for desirable kinds. M. J. LONG. Towanda, Apri 1 1879.

Elmira Advertisements. LERITY & MORREL, (Betablished 1847.) WHOLESALE DRUGGISTS

RUGGISTS SUNDRIES, PATENT MEDICINES 126, LAKE STRRET, ELMIRA, N. Y. ADIES AND GENTS,

FADED DRESSES, COATS, OR ANY ABTICLE WM. ROBERTS' CELEBRATED DYE & CLEANSING WORKS.

434, 436 & 125 WATER-ST., ELMIBA, N. Y.

Established 1855. Work returned C. O. D. by express if de mayso. WOODEN WATER PIPE

The undersigned having resumed business at hi ld place, is now ready to supply Farmers, Tanners ad all others in need of Pipe, with a SUPERIOR ARTICLE, AT PRICES TO SUIT THE TIMES. A. WYCKOFF.

CHAIN PUMP TUBING.

122 R. R. Ave., Elmira, N. Y. Elmira, June 10, 1878. H. M. KENT

CLOTHING

DEALER IN

up in indigestible bran.

tist declares should be mixed with

AND Gents' Furnishing Goods

135 EAST WATER STREET.

LORING BLOCK, ELMIRA. Elmira, N. Y. June 13, 1878,

ing is enabling the miller to place on the market. Unboited Flour. Experience seems to teach, says The American Miller, that a certain number of individuals, actuated by

> Heney Bee gives the following result of an experiment made to ascertain the duration of life in bees: I thought I would satisfy myself in regard to the life of the bee in the height of the working season. I had a stand of little black bees of the genuine stingers, and on the morning of May 30 I killed the queen, and by carefully looking through their hive I found one black drone, and destroy. queen on the 2d of June. She was hatched out and there were a few yel-21 days from the time her first eggs were deposited. On July 7 a few the yellow bees went to work on the 12th of July, the last of the black bees must have gone to work on the

flour which an advanced art of mill-

How Long Bees Live.

A correspondent of the Western

EVERY large dog has a naturally chivalrous feeling towards little children, but for faithfulness, uniform good temper, patience and beauty, nothing can excel the English mastiff. I have had one for two years; he had been constantly with the children, and I have never known him to give them a cross look. I have seen five or six children rolling over him at once, and he has accepted this ash on analysis yields a large feet good nature. When tired of their play, he would simply walk with a steady tread to another part of the room or grounds: Of course, any dog who is to be the companion. of children, must be brought up with them. He must be admitted to the family life, not kept too much outside. Even with very small children the mastiff is very desirable, for he seems to realize his own strength and size, and to use special caution in approaching them.

LIGHT AND VENTILATION .- In the clusive diet of white bread, while stalls, stables and pens of our farm they lived indefinitely on one of stock light and ventilation are as im-bread made from unbolted flour. It portant as good and regular food appears to us that the logic of scien. and drink. Sometimes it happens tists is at fault in two points. It is that animals closely confined become

have determined the fact that the three-quarters of an hour; take off, woody fibre contained in the brain strain the meat and vegetables out; acts as an irritant on the coating of put the rice into a can of tomatoes the stomach, causing an amount of strained through a collander; put inflammation which, instead of stim- back on the fire and let simmer till ulating digestion, retards it. We needed; now put the parsley in the

to swallow one. We can not see gether until it looks white and like a any more evidence that one was desponge; put it into a mould, and

signed for food than the other, for turn it out on the following day. the bran is only an outside vegetable | CHARLOTTE RUSSE.—One-quarter skeleton which the wheat carries for of a paper of gelatine put in a cup of its protection. The fact of this veg- milk and set where it is warm until etable skeleton or pod containing it dissoves; one quart of cream elements of nutrition is no more than sweetened and flavored to the taste; could be expected; for what is good add the milk and gelatine and beat to make one frame work is good ma- with an eyg-beater until it is light; terial for another, but it is no evidence take "lady fingers," cut them In all the denunciations of fine flour, an egg to make them adhere; put straight, dip their edges in white of one fact has been overlooked. It has them in the mould and then pour in the flour the less nutritious it becomes.

flour is not; consequently the finer moments take them off the fire and the flour the less it partakes of nour- strain through a coarse seive. Measishing attributes. This is a mistake, ure a cup of sugar to each cup of the Patent flour made from middlings strained berries, and boil together till it jellies. It will not take as long

s much freer from impurities. It Indian Loar.—Take one pint o contains every element found in the sour milk, one-half pint of sweet wheat berry, though in smaller pro- milk, one teacupful of molasses, one portions than graham flour, while in half teacupful of butter, two teaspoon a far better condition to be utilized fuls of saleratus, one large teaspoon by the human system. Much stress ful of sait, three eggs, one pint o. has been laid upon the fact that fine wheat flower, one quart of yellow Wholesale and Retail flour is composed so largely of starch. Indian meal; bake in a deep tin ba-In reality, unbolted flour contains a sin in an oven of same heat as for larger percentage of starch than mid- cake, for one and a-half hours. dlings flour, while whatever other

FRUIT PUDDING. One can of suct nutritive elements the latter contain three cups of flour, one cup of raft are directly available, and not locked sins, one cup of currants, one cup of molasses two eggs, one teaspoon of We will not notice any of the fur- soda. Rub the finely-chopped suct ther points commonly made in be- into the flour, add the molasses, then half of unbolted flour. The sophistry the eggs well beaten, the soda dis of most of them is apparent enough. solved in boiling water, and at last The whole question does not affect the fruit dre lged with flour. Tie in the miller in the least. He is gov-erned by the law of demand, and his water and boil two hours. flour will be whatever the public

taste requires. It is immaterial to roni into inch pieces and put into a him how people take their allowance saucepan of water and boil until soft, of wheat. He will throw out ms purifiers and bolting-chests as soon as the sovereign people signify their desire. Separators, bran-dusters, and smutters will speedily follow if the public will it, and the oblging miller bits of butter. When the dish is full arrived cooklessed smut, or any of good milk, or,

Educational Department

overcoats' and warmest clothing .- Neie

H: DORMAUL,

 1st Floor.
 DBY GOODS

 2d Floor.
 MILLINERY

 3d Floor.
 CARPETS

 4th Floor.
 CLOAKS & SHAWLS

Address-GILMORE, SMITH & CO. Solutions of Patents.

Near Patent Office, Washington, Ir. C.

#3 We study to please.
D. V. STEDGE, Prop'r
Towanda, Pa., July 15, 1879.

CHOICE GROCERIES

By anybody. His Third Ward Store will also kept stocked with first-class goods, and will be a as low as the lowest. T Towanda, January 8, 1550.

REDUCED PRICES!

RANGES and Cooling Stoves, for Coat and Wood, at low prices, at JUNES. THE Gossip, the best low-priced stove for offices and chambers ever made, at JUNE'S.

FOR Paints, Oils, and Varnishes. UNDERWEAR T ANTERNS—a great variety as OCKS, Latches, and Bolts, ever

PABLE and Pocket Cutlery, at HOUSE Furnishing Goods, at TAILS and Spikes, all sizes, at

POWDER, Shot and Caps, for sale Junes. WINDOW GLASS, from 7x9 to feet nothing. Gradually the frown disap- CCREWS and Tacks, direct from

STILL IN OPERATION.

SHELVES.

ust received a carload of Payetteville Excelsion ement, the best and cheapest in the market attalaction engagement

January 1st, 1879!

Jurniture,

WHOLESALE AND RETAIL FURNITURE! We are now prepared for the SPBING TRADE NEW AND DESIRABLE GOODS

LATEST STYLES AND LOWEST PRICES PARLOR SUITS IN RAW SILK TERRIS, PLUSH AND

very large, and our prices as low as the low

CHAMBER SUITS IN ASH, WALNUT AND SOFT WOOD, which we are selling at a very low price. A full SPRING BEDS, MATTRASSES AND PILLOWS. UNDERTAKING.

LATEST IMPROVEMENTS. while our prices are the lowest J.O. FROST'S SONS'. Towanda, April 9, 1879,

In this department we always have the best goo in the market, and are continually adding

NEW STYLES

GG A WEEK in your own town, and no capital of risked. You can give the husiness a trial without expense. The best opportunity ever offered for those willing to work. You should try nothing else until you see for yourself what you can do at the business we offer. No room to explain here. You can devote all your time or only your spare time to the business, and make good pay for every hour that you work. Women make as much as men. Send for succial private terms and particulars, which we mail free. \$5 outfit free. Don't compisin of hard times while you have such a chance. Address H. HALLETT & CO., Portland, 8300 A MONTH guaranteed. \$12 a day at the following made by the industrious. Capital not required; we will start you. Men, women, boys and girls make money faster at work for us than at anything else. The work is light and pleasant, and such as snyone can go right at. Those who are wise who see this notice will send us their addresses at once and see for themselves. Costly Outfit and terms free. Now is the time. Those already at work are laying up large sums of money. Address TRUE & CO., Augusta, Maine.

have been troubled with Catarrh for over 13 years, my head has been, must of the time, stopped and very much inflamed. It has opened my nostrils and reduced the inflammation in my head—in fact I feet I am being cured. It is, the only remedy I have found which can be applied without pain and dread. My eyes are improving so that I can stand strong light, which I have not been able to do for years.

With E. F. Monte Merchant. Oct. 30. STOP THAT COUGH BY USING READ THE FOLLOWING LETTER

WHICH SAYS:

Messrs. Howarth & Ballard.
Gentlemen: I take pleasure in recommending for. German's Cough and Consumption Cure. as a have suffered with a severe cough since last May. Have used all kinds of Cough Mixtures, but could get no relief. Mornings after getting up from my bod I would berso choked up that I could hardly breathe: also frequently vomiting severely. A friend directed me to use Dr. German's Cough and Consumption Cure. I did so, with but little faith at the time, but after using I changed my mind, and I can conscientiously any, after taking only one bottle. I did not only obtain relief but am not troubled with that fullness in the morning. My cough has stopped, and I can obtain a good night's sleep—something not enjoyed by me for weeks before. Will close by saying if this letter will be of any benefit to you, you may have my consent to make it public. Yours very respectfully,

T. E. DOOSHAMER,

TI, Bleecker St., Utica.

Remember that after using 4 of a bot

D. I. C.
Is an absolute and irresistible cure Package, prepaid, to cure 1 to 5 persons, \$1, or our druggists, \$1.75 per bottle. Hen Cough Cure destroys all pain, loosens The Hop Pad for Stomach, Liver and Kid superior to all others. Cures by absorption sperior:—ask dynamics. FOR SALE BY ALL DRUGGISTS

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one idea, are absolutely inseparable from the economy of this world. Among these people whose estensible mission is to show the rest of the

been so persistent in their efforts to reform the abuses which they think the world is practicing than the dietetic reformers who insist that the taste of civilized man is deprayed and needs to be corrected by the light of science. The one particular hobby which nearly all these scientific visionaries ride is the horrible one on the 2d of June. She was consequences arising from the use of fine flour, and the all sufficiency of unbolted flour as a panacea for all existing physical ills. Words do not seem strong enough to convey the full force strong enough to convey the full force of detestation in which Grahamites hold white, fine flour, and all the physical faults which civilized man is heir to are laid at its door. Decayed teeth, weak nerves, soft bones, and a hundred other human deficiencies are hundred other human deficiencies are see that if the yellow bees hatched traced to its habitual use, and unbolt-ed flour held up as the only salvation all out by the 20th of June, and if for our perishing bodies. Every disciple of Graham and every sanitary journal will tell you that wheat more perfectly than any other substance contains all the ingredients est the time they were hatched unless sential to maintain life, and contains one will go to work sooner than the these ingredients almost in the very other. This stand contained nothproportions required by the numan ing but black bees when the black system: It is further stated that requeen was destroyed, and on the 18th the bonemaking capacity of the grain the black queen was destroyed, there 70 per cent.; and a similar removal was not a black bee to be seen about

moving the bran from wheat decreases of the middling from the flour causes the hive. I opened it; not one was another reduction in the muscle-mak- to be seen inside. Now I know that ing capabilities of bread. It is stat- the bees will live longer at any other ed that in our fine flour scarcely any-thing remains but starch, a heat and fat producing principle, while by our of the working season. The hive process of milling we extract the was examined every day during the bone, muscle, and brain, and dispose whole time, so that no mistake might are common, and are met with both in the lecture and journalistic field; and we do not propose to question their scientific truth in toto, we desire to present some facts which may prove suggestive to those who have never seen anything but health in STEVENS & LONG Graham flour, and disease in flour which has been bolted. Scientists are right in claiming that many valuable substances are

incorporated in the bran. Ash is found in it in large proportions, and and phosphoric acid. - The fact that these constitutuents are needed by the human system is not denied; but the question arises whether they are actually utilized by it when taken into the stomach in the form of bran? A piece of limestone or an old bone contains the ingredients mentioned above, but we have hever heard disussed the propriety of taking either internally as food for the bones and nerves. The cases of of animals are cited, notably those of dogs, that have been known to perish on an ex-

assumed that whatever is in the wheat ailing and die from no apparent will find its way into human organ- cause; but where careful investigat ism, and what is true of the dog and tion is made, the cause is rightly atother animals is also true of man, tributed to pure air. No animal can Both of these assumptions are un- long retain health confined in a vitifounded. The disparaging compariated atmosphere, or in the dark, sons which Grahamites made between Farmers and stock men, then, should bolted and unbolted flour by means look to it that the quarters provided of analyses showing the constituent for their stock are well supplied with parts of each, seemed an unswerable pure air and sufficient light. argument until some thoughtful German determined to analyze the bran Tonato Sour -Get a piece of after it left the system, when lo! it beef off the shin, about two was almost entirely unchanged. It pounds; put it on the fire with thus appears that the human stomach enough water to cover it; let it simis not powerful enough to effect that mer slowly for about three hours: lecomposition which advocates or put on the fire in a small saucepan unbolted flour assume takes place, about a cupful of rice, barley or It also shows that the analogy between man and lower order of creative a little green celery top; reserve a tion fails to hold good in this case, little parsley; put the greens in the as in many others. Physiologists soup and let boil quickly for about

know precisely what the Grahamite tureen and pour the soup on it. Serve would reply to these objections. He would say that the fact of valuable of isingless in a pint of boiling wantitive elements being locked up in the bran is prima facie evidence that ter; strain it, and let it stand until the bran was intended for food. Now, nearly cold; mix into it the juice of valuable nutritive elements are con- six or seven oranges and of one lem-GIVE SATISFACTION OR PAY FOR THE tained in a fish-bone, but you could on; add the whites of three eggs and hardly persuade a disciple of Graham sugar to taste; whish the whole to-

> been frequently stated that the finer the beaten cream. CBANBERRY JELLY .- Put the ber-This statement is part and parcel of the longing of Grahamites for anal. ries over the fire with water enough ogy. According to their dicta, to cover them; break with a spoon coarse flour is nourishing, while tine after they begin to boil, and in a few

ontains a much larger percentage gluten than coarser brands, and as other fruit.

will grind cockleseed, smut, or any other ingredient with his wheat which improved taste may require, including forman scient fo ing lime—which one German sciended in.

flour. Whatever happens, the miller will keep on grinding, but there does not at present appear any general in-